

## AMENDMENTS TO THE CLAIMS:

Claims 5, 7, 8 and 11-22 and 42-44 are pending. Please add new claims 42-44. This listing of claims replaces all prior versions and listings of claims in the application.

## LISTING OF CLAIMS:

1. - 4. (Cancelled).
5. (Currently amended) A composition, comprising:  
glycine; and
  - a) an amino acid selected from the group consisting of a beta-alanine, an ester of a beta-alanine, and an amide of a beta-alanine, or
  - b) a di-peptide selected from the group consisting of a beta-alanine di-peptide and a beta-alanylhistidine di-peptide.
6. (Cancelled).
7. (Currently amended) The composition of claim 5, wherein the beta-alanylhistidine dipeptide ~~comprises~~ is a carnosine, an anserine or a balenine.
8. (Previously presented) The composition of claim 5, further comprising at least creatine or a carbohydrate.
- 9 and 10. (Cancelled).
11. (Previously presented) The composition of claim 5, wherein the composition is a pharmaceutical composition.
12. (Previously presented) The composition of claim 5, wherein the composition is a dietary supplement or a sports drink.
13. (Previously presented) The composition of claim 12, wherein the dietary supplement or sports drink is a supplement for humans.
14. (Currently amended) A composition comprising at least 0.2, 0.3, 0.4, 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, 3.5, 4.0, 4.5 or 5 grams of a peptide or an ester comprising a beta-alanine per dosage.
15. (Currently amended) A composition comprising at least 0.2, 0.3, 0.4, 0.5, 1.0, 1.5, 2.0, 2.5, 3.0 grams of a peptide or an ester comprising a beta-alanine in an injectable form per dosage.
16. (Previously presented) The composition of claim 14 or claim 15, wherein the peptide comprises a beta-alanylhistidine dipeptide.

17. (Previously presented) The composition of claim 16, wherein the beta-alanylhistidine dipeptide comprises a carnosine, an anserine or a balenine.

18. (Currently amended) A composition for humans comprising at least 200, 250, 300, 450, 500, 550, 600, 650, 700, 750 or 800 mg of a beta-alanine per dosage.

19. (Previously presented) The composition of claim 18, wherein the composition is formulated in an ingestible or an injectable formulation.

20. (Previously presented) The composition of claim 19, wherein the ingestible formulation is a drink, a gel, a food or a tablet.

21. (Previously presented) The composition of claim 18, wherein the peptide comprises a beta-alanylhistidine dipeptide.

22. (Previously presented) The composition of claim 20, wherein the beta-alanylhistidine dipeptide comprises a carnosine, an anserine or a balenine.

23. - 41. (Cancelled).

42. (New) The composition of claim 5, wherein the composition is formulated for oral, enteral or parenteral administration.

43. (New) The composition of claim 5, wherein the composition is formulated for infusion through the skin of a subject.

44. (New) The composition of claim 43, wherein the composition is a topical cream or a patch.